

COACHING PROGRAM
HIGH PERFORMANCE FIELDER
TRAINING PROGRAM

Although designed for use with the Hitting Streak pitching machine, this home routine can be done with a batter/tosser and will refine and perfect fielding skills while, at the same time enhance physical conditioning. Fielding practice is hard work, but it pays off in game results.

WARM-UP

- PURPOSE** Stretch major muscle groups. Prepare body for exertion and mental concentration. Focus on performance goals.
- WORKLOAD** 10 minutes - slow deliberate stretch - all major muscle groups.
Rotate shoulders, wrists, hips, knees and ankles.
10 minutes - easy throwing at half speed. Start short, gradually increase distance.
- ROUTINE** Perform static stretches, no bouncing.
Hold stretch 10 to 20 seconds until muscle relaxes.
During stretches, do imagery on fielding technique.
Visualize making all the plays within current skill level.

TECHNIQUE

- PURPOSE** Develop smooth, fluid fielding technique.
Improve lateral, backward and forward mobility.
Develop concentration. See the ball into the glove.
- WORKLOAD** 10 ground balls - straight on with side spin.
10 ground balls - left and right side.
10 pop-ups in varying directions.
- ROUTINE** Set up at home plate.
Use Catch Net or catcher to retrieve balls.
Field from whatever position you prefer.
Have the batter/feeder toss ground balls in sequence shown.
Use moderate speed only for technique.
Ensure proper set-up on each repetition.
Repeat for pop-ups.

EXCELLENCE

- PURPOSE** To simulate game conditions and perfect timing.
- WORKLOAD** 10 ground balls straight on.
10 ground balls to each side.
10 Pop-ups in varying directions.
10 ground balls in varying direction.
- ROUTINE** Set up between home plate and pitcher mound.
Use Catch Net or catcher to retrieve balls.
Field from whatever position you prefer.
Have the batter/machine toss ground balls in sequence shown.
Use maximum speed for current skill level.
Ensure proper set position for each repetition.
Visualize each repetition before executing.
Repeat for pop-ups.